

WESTFORD COUNCIL ON AGING NEWSLETTER

OCTOBER 2017



20 Pleasant St., Westford, MA

978 - 692 - 5523

www.westfordma.gov/coa

Hours : Monday –Friday 8a.m. –4p.m. Evening Hours: Tuesdays & Thursdays 4p.m.– 8p.m.

MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life.



NEW PROGRAMS



HARVEST FAIR

Saturday, Oct. 21, from 9 a.m. – 3 p.m.

We're looking forward to the festivities, food, camaraderie and shopping at this year's fair.

Donations welcomed – especially themed raffle baskets, silent auction items and baked goods. Vendors of new crafts, arts and handmade items invited! Table rentals are only \$15! Call 978-692-5523 for an application. Volunteers are also needed to help set-up on Friday, Oct. 20 and clean-up on Saturday afternoon.

WANTED!

DONATIONS FOR THE HARVEST FAIR
OCT. 21

New crafts, handmade goods,
silent auction items, raffle baskets,
gift certificates, etc.

PLEASE LABEL ITEMS: HARVEST FAIR.

FALL APPLIANCES & LINENS SALE

**Monday-Friday, Oct. 2 - 6,
from 9 a.m. – 3 p.m.**

HOUSING CONSULTANT

Monday, Oct. 23, at 1 p.m.

New monthly service offering at the Cameron. Housing Consultant provides helps to individuals dealing with various housing issues in Westford. To schedule an appointment call 978-692-5523.

DIWALI

Wednesday, Oct. 25 at 10 a.m.

Diwali is the Hindu festival of lights celebrated every year in autumn. One of the most popular festivals of Hinduism, it spiritually signifies the victory of light over darkness, good over evil, knowledge over ignorance, and hope over despair. Decorations will be provided by the Community Service Art Club at Westford Academy. Come Celebrate with us and enjoy some Indian food. Cost : \$5.00
Call to sign up at 978-692-5523.

TRAVEL WITH BRENDA

Tuesday, Oct. 24, at 10 a.m.

Speak to Breanda Pachucki,
Travel Consultant for
Tours & More Travel Company and learn
about some great travel opportunities.
Call to sign up at 978-692-5523.

END OF THE HARVEST FARM TO TABLE

Thursday, Oct. 12, at 12:30 p.m.

Chef Joyce Newton is preparing a wonderful vegetarian meal to celebrate the end of the harvest season. Cost \$5.00 .
Call to sign up at 978-692-5523.

TEA AT TWO

Tuesday, Oct. 17, at 2pm

Come and relax with Julie from Senior Helpers aroma therapy scents of fall while enjoying a warm cup of tea in the library by the fire. RSVP 978-692-5523



Health and Wellness

Flu Clinic Schedule Westford Residents Only

Wednesday, October 11, 2017 12:30 -3:30 pm

Location: Franco American Club.

The Westford Health Department will sponsor flu clinics on the dates, times and locations listed below. No appointments are necessary. ** Please note that because of limited pediatric vaccine, we request that those under the age of 36 months receive their vaccine from their MD if possible. All children under 18 years must be accompanied by a parent at all clinics. State supply of vaccine has been greatly reduced so clinics will be held until vaccine is depleted. Please bring insurance information to the clinic as the town can seek reimbursement from insurance carriers. High-Dose Fluzone ONLY for 65 and Older.

Walk-In

12:30-1:30 pm: A-H

1:30-2:30 pm: I-Q

2:30-3:30 pm: R-Z

Homebound individuals, who require a home visit, should contact the Health Department at 978-692-5509 to schedule an appointment.

WESTFORD HEARING CLINIC

Monday, Oct. 16, at 9:30 a.m.

Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton. Sponsored by the Westford Health Department. By appointment only. To book your 40-minute appointment call the Westford Health Department at 978-692-5509.

BLOOD PRESSURE & MORE

Tuesday, Oct 10, at 9 a.m.

Gail from the Westford Health Department will be at Cameron if you would like a health screening including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns please stop by.

PODIATRY CLINIC

Monday, Oct. 16, at 8:30 a.m.

Cost is \$30. Advance appointments are necessary with Dr. Ayleen Gregorian. Call 978-692-5523.

REFLEXOLOGY

Wednesday, Oct. 11, at 9:30 a.m.

Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30 minutes and \$45 for an hour. To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.

Fitness Classes

* Room locations are subject to change *

Aerobics— Drop ins are welcome

Wednesdays at 9:30a.m. in the Multipurpose Room

Fridays at 8:30a.m. in the Card Room

Bone Builders - Pick up application at the front desk

Mondays at 9:30 a.m. in the Card Room

Wednesdays at 9:30 a.m. in the Card Room

Tuesdays at 1p.m. in the Multipurpose Room

Thursdays at 1 p.m. in the Card Room

Chair Movement - Drop In

Tuesdays at 10:15 a.m. in the Multipurpose Room

Thursdays at 10a.m. in the Multipurpose Room

Circuit Training - Sign up at 978-692-5523

Tuesdays at 4:30 p.m. in the Fitness Room

Cost \$40. for the 8 week class

Fitness Camp - Sign up at 978-692-5523

Wednesdays at 1:30 p.m. in the Multipurpose Room

Golf - Sign up at 978-692-5523

Tuesdays at 8 a.m. at Quail Ridge

354 Great Rd, Acton, MA 01720

Cost \$25 per session

Pickleball — Drop ins are welcome

Tuesdays at 10 a.m. at Mill Works

22 Farm Town Road, Westford, MA 01886

Cost \$5.per session.

Ping Pong — Drop ins are welcome

Mondays at 1:45 p.m. in the Card Room

Tuesdays at 3:30 p.m. in the Card Room

Fridays at 9:45 a.m. in the Card Room

* Other rooms may be used if available*

T'ai Chi — Drop ins are welcome

Mondays at 1p.m. in the Card Room

Yoga — Drop ins are welcome

Tuesdays at 9a.m. in the Card Room

Wednesdays at 1 p.m. in the Card Room

Zumba – Drop ins are welcome

Tuesdays at 8:15a.m. in the Multipurpose Room

Thursdays at 9a.m. in the Multipurpose Room

Director's Message



Focus: Housing consultant provides services and Westford Special Needs Registry

New to the scope of service offerings at the Cameron we are glad to have Paul Teixeira, Westford Housing Authority Director consult with Westford residents about their housing needs and/or concerns monthly at the Cameron. Paul comes to our center with over thirty years of professional experience working in many realms of housing/programs. If you have any questions regarding affordable housing to landlord/tenant concerns, downsizing opportunities, etc., please call the Cameron at 978-692-5523 schedule your appointment as Paul says, "There all good questions." Perhaps after you meet with Paul it might be a good time to think if you should register for the Westford Special Needs Registry which is coordinated through our Westford Health Department and Emergency Management. This "registry" is for residents of all ages- infants to older adults- who have special cognitive, developmental, mental health, sensory and mobility disabilities, chronic conditions and/or special healthcare needs and do not have a social support network. If you feel like you meet the above criteria, and are concerned about your safety in severe weather and/or non-related weather emergencies/crisis please contact our social service team: Alison Christopher 978-399-2325 and/or Annette Cerullo 978-399-2326.

Jennifer

PS- Please consider supporting the Friends Harvest Fair by volunteering to make one of your favorite family recipes, raffle basket and or coming to shop (my favorite).

Save the Dates

Don't Forget ... Town Meeting on Monday, Oct. 16 at 7:30 p. m. for transportation call 978-399-2322.

LEAF COLLECTION

Saturday, Nov. 4, at 7 a.m.

Place your leaves, grass clippings and pine needles into paper leaf bags and have them on the curb by 7am on collection day. Acme Waste Systems will be collecting leaves. The cost will be \$1.25 per bag with a minimum charge of \$20 per pick up. You pay Acme Directly by attaching check payable to Acme Waste Systems to one of the bags on collection day. Call the town Clerk's Office to register at 978-692-5515.

SILENT FILM W/ LIVE ORGAN PRESENTS:

THE BIG PARADE

Sunday, November 12th at 2PM

COA tickets for sale \$5 only 30 available.

WA in conjunction with Westford Veterans Service present the highest grossing silent film of all time, The Big Parade. This is a love story that coincides with American involvement in World War I. Proceeds will help support this event next year. Admission to the event is \$10 per adult except Veterans get in free and school age children are \$7. This performance will be held in the WA Performing Arts Center. (Veterans can receive their free ticket by calling our Veteran Agent, Terry Stader at 978-392-1170)

COA Van will provide free transportation to this event.

Limited Seats.

HAM & BEAN SUPPER

Saturday, November 18, Time TBD.

The Annual Ham and Bean Supper, sponsored by the Westford Firefighters Association, American Legion Post 159 and the Franco American Club, will be held at the Franco American Club. There is no charge for the dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

THANKSGIVING DINNER

Sunday, November 19, at Noon.

For the 19th year, Jim Geraghty, family and friends, are graciously hosting a Turkey Dinner for Westford seniors age 60 and over on Sunday, November 20, at Westford Academy. Bingo will be from 10 a.m. - noon, with lunch afterward. Volunteers will serve this full-course homemade dinner to you. Seating is limited. Reservations are necessary, so please call 978-692-5523.

Ongoing Activities

For complete list, see monthly calendar and check out our website

<https://www.westfordma.gov/593/Council-on-Aging>

BINGO

Mondays, 1:30 p. m. & Thursdays, starting at 7 p.m.

Doors open ½ hour early. Remember: the first Thursday night of the month, Hot dogs, chips, drink will be served for a donation of a \$1.00. If you need a ride, call the transportation line in advance at 978-399-2322.

UPBEATS

Tuesdays at 10:15 am.

If you love music, play an instrument and want to have fun, come join this wonderful group of musicians.

CAMERON MUSIC MAKERS

Fridays at 9 a.m.

New singers are always welcome!

QUILTING CLUB

Mondays at 9:30 a.m.

Join our group dedicated to making quilts to donate to elders and children. All skill levels of quilters welcome!

TRAIN BUFFS

Thursdays at 7 p.m.

Like trains? C'mon down to the Cameron basement to view our set-up or join our group of aficionados.

GENEALOGY WORKSHOP

Interested in researching your family's ancestry?

Call 978-692- 5523 to arrange for a private, one-on-one genealogy consultation with an expert.

"EXPRESS YOURSELF WALL"

Thanks to local photographer, Doug Pederson, we now have a place to highlight our local seniors' talents. We are happy to post your creative works on our lobby wall above the water bubbler. We are seeking your poems, photographs, artwork, and more. We know there are many talented folks out there ... express yourself!! If you have a creative name for our wall submit it and you may be a lucky winner. Any questions, contact Katie.

55+ Early Evening

BOOK CLUB

Tuesday, Oct. 17, at 6 p.m.

Our next book is "Fearless" by Eric Blehm. Hope to see you in our cozy library. Books can be ordered for you in advance so please call to sign up at 978-692-5523.

MOVIE NIGHT

Thursday, Oct. 19, at 4:30 p.m.

A movie and goodies are offered. This months movie is "Gifted" about a single man raising a prodigy child. Please call to sign up at 978-692-5523 by Monday, Oct 16. Cost is \$3.

SANDWICH GENERATION SERIES

Tuesday, Oct. 24, at 6:00 p.m.

WILDLIFE SLIDESHOW

Join us for an evening of Westford Wildlife photos and discussion on Tues. Oct. 24th at 6:00 pm. Doug Pederson, local resident and photographer, will share with us his beautiful slides of local birds, nature, and more. Light refreshments will be served. Please sign up at 978-692-5523.

LOWELL GENERAL EDUCATIONAL SERIES-- Diabetes

Tuesday, Oct. 10, 5:30-6:30 p.m.

November is National Diabetes Awareness Month. "What's in your cupboard? Does it help you control diabetes?" Come and learn how to take inventory of your cupboard and create a diabetes friendly, heart healthy pantry. Judy Pentedemos, is a Board-Certified Family Nurse Practitioner and Certified Diabetes Educator. In a fun, friendly and thought provoking way, she will help you to identify the good, the bad, and the ugly products that may be lurking. Register at Lowell General at 877-544-9355



Dining Options

ELEGANT CHEF LUNCHEON

Monday, Oct. 23, at 11:30 a.m.

Enjoy this three-course meal prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. RSVP must be three business days notice at 978-692-5523.

October menu selections:

Three Cheese Lasagna or Rosemary Skewered Shrimp

The cost is \$10.

BIRTHDAY CELEBRATION

Thursday, Oct. 26 at 12:30 p.m.

Come Celebrate the October Birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech followed by cake and ice cream that will be sponsored by Exit Reality. Please call in advance to register at 978-692-5523. Cost for Birthday celebrants is free and to guests the cost will be \$5. October Meal Choice is ~ Eggplant Parmesan

RESTAURANT REVIEW ~ Dutch Treat!

Wednesday, Oct. 25, at 11:30 a.m.

the Glenview Restaurant, 248 Princeton St., No. Chelmsford. Please pre-register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive, you can check in under "Westford Senior Center". Bon Appétit.

LUNCH AND LEARN

Friday, Oct. 13, at 12:15 p.m.

Learning how to use the Easy Knitter with Barbara Upperman. Lunch will be sandwiches. Call 978-692-5523 to sign up.

MEN'S BREAKFAST

Tuesday, Oct. 10, at 8 a.m.

Charlie Shadan, owner of the Evening Sun Fly Shop in Pepperell will be joining us and bringing his vast knowledge of fly fishing and area to rivers and streams. Call to sign up at 978- 692- 5523.

WOMEN'S BREAKFAST

Monday, Oct. 16, at 9 a.m.

Ellen Harde will speak about her time as Town Moderator, and come enjoy muffins from Muffin on Main. Call to sign up at 978- 692- 5523.

WEDNESDAY LUNCH

Lunch will be served at 12 p.m. Reservations are required 24 hours in advance by calling 978-692-5523. (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!) Cost is \$3.

Wednesday, Oct. 4, Shepherd's pie

Wednesday, Oct. 11, Grilled Cheese & Soup

Wednesday, Oct. 18, Chowder & Tuna Sandwiches

Wednesday, Oct. 25, Cheese Burgers

Trips

COA VAN TRIP- MUSEUM OF FINE ARTS

Monday, Oct. 30 at 9 a.m.

Tour the MFA and then Lunch will be on your own at UNO's .

Call to sign up at 978-692-5523 Cost is \$20.

FOXWOODS/MOHEGAN

Tuesday, Oct. 3, at 7:30 a.m.

Buckingham Motor Coach departs from the Franco Club.

Fee of \$30 includes driver gratuity—due at sign up time.

INVITING ALL THOSE AGE 50 AND OVER!!

Please call 978-692-5523 to sign up.

NORMAN ROCKWELL MUSEUM & RED LION INN

FOX TOURS

Tuesday, Oct. 24, at 8 a.m.

Cost \$94 per person.

Choice of Yankee Pot Roast or Broiled Salmon.

PATRIOT PLACE GETAWAY

FOX TOURS

Wednesday, Nov. 8, at 8 a.m.

Departs from Franco Club. Lunch at CBS Scene Restaurant.

Cost \$84 per person.

MICHAEL BUBLE CHRISTMAS TRIBUTE

BEST OF TIMES

Wednesday, Dec. 6, Time TBD

Meal Choice of Stuffed Chicken or baked Scrod.

Cost is \$94 per person.

TUSCANY & ITALIAN RIVIERA

COLLETE TOURS

June 15 - June 22, 2018

For information packet call Katie at

978-399-2330.

Informational Meeting with Collete Tours will be on

Wednesday, Nov. 1, at 10a.m.

Call 978 -692 -5523 to sign up.

SHADES OF IRELAND

COLLETE TOURS

September 22 - October 1, 2018

For information packet call Katie at

978-399-2330.



Support Services



Right: Chuck Dutton, Lead Van Driver Dispatch
Left : Eugene Jungbluth, Lead Van Driver Admin

MEALS ON WHEELS – Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups. As your Outreach worker I am here to assist you with almost any situation that arises. If you are seeking: information, problem solving, supportive listening, application assistance or more, please don't hesitate to contact Annette at 978-399-2326.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, Sept. 6, at 6:30 p.m.

ASK THE LAWYER

Tuesday, Oct. 10 at 9:30 a.m.

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE OFFICER

Thursday, Oct. 12, 11 a.m. to 12 noon.

Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR

Monday, Oct. 2, at 10 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker.

ASK THE TAX RELIEF COMMITTEE

Wednesday, Oct. 18, at 10:30 a.m.

To help our senior homeowners be more aware of the real estate tax exemptions that they may be eligible for we will be holding monthly 1:1 appointments. On the 3rd Wednesday of the month, appointments will be available between 10:30 and 12:30. Call 978-692-5523.

PROPERTY TAX PAYMENT

Monday, Oct. 30, at 12 to 12:30 p.m.

A representative from the Tax Collector's Office will be at the Senior Center to accept tax payments. You must pay by check and you need to have your tax bill with you at that time. We are handicapped accessible.

COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service towns are: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, and Westford. Please call Chuck at 978-399-2322 48 hours prior to your appointment to schedule your ride. Our first priority are rides to medical appointments, we will also take you to local errands and all Cameron Senior Center sponsored activities. Don't forget we offer Grocery Shopping trips to Market Basket every Wednesday and other days as needed. Donations are encouraged.

VETERANS SERVICES

Thursdays, 8 a.m. to noon.

Meet with Westford Veterans Agent at the Cameron. Only on the first Thursday's of each month The Veterans Agent will have evening hours from 4 - 6 p.m. The remaining Thursdays of each month will continue with his usual AM hours. The regular office, in the Millennium Building behind Abbot School, 23 Depot Rd., open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

SHINE APPOINTMENT

Monday, Oct. 2, 16, & 30, at 12:30 p.m.

Open enrollment is Oct 15-Dec7. For a private, confidential appointment, at the Cameron, to answer your health insurance or Medicare questions, call 978-692-5523.

SHINE PRESENTATION

Thursday, Nov. 9, at 1p.m.

For anyone wishing to learn more about changing their insurance coverage during the Medicare open enrollment period (Oct. 15-Dec. 7) or for those about to become eligible for Medicare, this SHINE presentation is for you. To register, call 978-692-5523.

Outreach & Social Services



Left: Alison Christopher, LICSW
Town Social Worker
Right: Annette Cerullo, LSW
Outreach Worker

DID YOU KNOW?

The National Council on Aging (NCOA) is a respected national leader helping older adults meet the challenges of aging through services like BenefitsCheckUp. This is a comprehensive, free online tool that connects older adults with over 2,500 benefits they may qualify for. The free website is www.benefitscheckup.org. The process is simple: answer a few questions, get your report of available benefits and instructions how to apply. Their goal is to improve the health and economic security of 10 million older adults by 2020. If you need help checking it out, feel free to call the Senior Center and ask for Annette or Alison.

RMV (REGISTRY OF MOTOR VEHICLES) ASSISTANCE

If you need assistance with an online transaction with the RMV-license renewal, registration renewal, etc. we are happy to assist you. Not all renewals and transactions are eligible to be completed online, but we can let you know if we can help. Call Alison at 978-399-2325 or Annette at 978-399-2326.



WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

With autumn brings returning programs at the center and new ones have been added. Our activity level has picked up on Tues and Thurs evenings, come check us out! This is a chance for working seniors to use our gym, meet with the Outreach Coordinator, take a class and more. Also, this is a busy time of year for people completing yearly applications for fuel and tax relief assistance. Remember we are here to support you through these application renewals. Feel free to call and make an appointment for a home or office visit. Hope to hear from you, Outreach Coordinator, Annette 978-399-2326.

FALL YARD CLEANUP

SIGN UP BY: Friday, Oct. 6

With October around the corner it is time for us to start thinking about fall yard cleanups. We have been providing this service to seniors for many years and have enjoyed the opportunity to connect volunteers from the community with seniors in need of assistance. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker 978-399-2326.

T.R.E.A.D.

Applications are available at the Senior Center and were

DUE ON AUGUST 1st. If you are having difficulty paying property taxes and missed the application deadline, please call Alison Christopher LICSW at 978-399-2325. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee meets to determine awards in December 2017.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

Community Teamwork has already mailed renewal applications to previous recipients. If you get one in the mail, complete it and return it as soon as possible. If you need help, call Alison 978-399-2325 or Annette 978-399-2326. Gross annual income limits for LI-HEAP are as follows: 1 person household-\$34,380, 2 person household-\$44,958. If you are interested in applying for the first time or have questions about other household sizes/ income limits, call Alison at 978-399-2325. We will be starting new intake appointments when we receive the applications-likely in October.

HOLIDAY BASKETS

The Cameron Senior Center will be partnering with SVdP Society of St. Catherine's Church again this year for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal, and are facing a financial hardship. If you are interested in donating to the program, please contact Katie Russell at 978-399-2330. If you need food assistance for a Thanksgiving or Christmas meal, please call Alison Christopher, LICSW at 978-399-2325 to request a simple application.

Thank You



On behalf of the Council on Aging we would like to thank these financial contributors for their support:

Kathleen and Mike Marchioni

Westford Family Fun Fest/ Patti Mason

On behalf of the COA Board and the COA staff we would like to thank the Friends of the Cameron Senior Center for the new sod in our front lawn and the clean mulched beds surrounding our center. What a great welcome to the Cameron and our grounds look terrific!

This summer our center has been filled with many helping hands and hearts whose special touches were felt through-out the Cameron and these volunteers include:

Farm to Table

Bob Benoit

Joyce Newton

Pat Ruppucci

Gaining Grounds

Henry Durand

Ed Demarino

Birthday Lunches

William "Bill" Vullo

BBQ cook-outs and /or luncheon

Kiwanis Club of Westford

Representative Jim Arciero

Senator Eileen Donoghue



Volunteers who made Cameron Pickle Ball Court

Kenneth Smith

Lucy Smith

Alan Jones

Carolyn Sullivan

* Funded by the Westford Family Fun Fest/

Patti Mason

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bone Builders 9:30 am Quilting Club 9:30 am Meet the Realtor 10 am Art/Open Studio 12 pm SHINE 12:30 pm T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1:30 pm Ping Pong 1:45 pm	3 Golf 8 am Basic Zumba 8:15 am Billiard Players 8:30 am Foxwoods Trip 9 am Gentle Yoga 9 am Pickleball 10 am Watercolor Club 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm	4 Aerobics 9:30 am Bone Builders 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm Fitness Camp 1:30 pm Moon Festival 6 pm Alzheimer's Sup. 6:30 pm	5 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Hand & Foot 12:30pm Friends Bd. Mtg. 12:30 pm Bone Builders 1 pm Veterans Services 4 pm Hot Dogs 5:30 pm Bingo 7 pm Quigong 7 pm Train Club 7 pm	6 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Deadline for Yard Clean up see pg. 7
9 We will be closed in observance of Columbus Day	10 Men's Breakfast 8 am Golf 8 am Basic Zumba 8:15 am Billiard Player 8:30 am Blood Pressure 9 am Gentle Yoga 9 am Ask the Lawyer 9:30 am Pickle Ball 10 am Watercolor Club 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Lowell General 5:30 pm	11 Reflexology 9:30 am Aerobics 9:30 am Bone Builders 9:30 am Lunch 12 pm Flu Clinic 12:30 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm Fitness Camp 1:30 pm COA Bd. Mtg. 4 pm	12 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11 am Hand & Foot 12:30 pm Farm to Table 12:30 pm Bone Builders 1 pm Bingo 7 pm Quigong 7 pm Train Club 7 pm	13 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch & Learn 12:15pm
16 Podiatry Clinic 8:30 am Women's Breakfast 9 am Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon SHINE 12:30 pm T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1:30 pm Ping Pong 1:45 pm	17 Golf 8 am Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Pickle Ball 10 am Watercolor Club 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Tea at Two 2 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Book Club 6 pm Watercolor Class 6 pm	18 Aerobics 9:30 am Bone Builders 9:30 am Tax Committee 10:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1pm Fitness Camp 1:30 pm	19 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Hand & Foot 12:30 pm Bone Builders 1 pm Movie 4:30 pm Bingo 7 pm Quigong 7 pm Train Club 7 pm	20 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
23 Bone Builders 9:30 am Quilting Club 9:30 am Elegant Chef Lunch 11:30 am Art/Open Studio 12 noon Housing Consultant 1 pm T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1:30 pm Ping Pong 1:45 pm	24 Golf 8 am Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Norman Rockwell 8 am Watercolor Club 10 am Travel w/ Brenda 10 am Pickle Ball 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Watercolor Class 6 pm Sandwich Generation 6 pm	25 Aerobics 9:30 am Bone Builders 9:30 am Diwali 10 am Restaurant Review 11:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1pm Fitness Camp 1:30 pm	26 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Hand & Foot 12:30 pm Birthday Celebration 12:30pm Bone Builders 1 pm Bingo 7 pm Quigong 7 pm Train Club 7 pm	27 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
30 MFA Trip 9am SHINE 12:30pm Tax Collector at the Cameron 12:30 pm	31 Spooky Snacks in the Lobby 10-12		Don't Forget ... Town Meeting on Monday, Oct. 16 at 7:30 p. m.	

COUNCIL ON AGING

20 Pleasant Street, P.O. Box 2223
Westford, MA 01886-5323

PRESORTED
STANDARD
US POSTAGE

PAID

WESTFORD, MA
PERMIT NO. 202

Change Service Requested



CAMERON IS ON THE WEB

Visit our website at
www.westfordma.gov/coa

To receive our monthly
newsletter notification via email,
go to the town website and click on
“Notify Me” then type in your email to sign in
then under “Agenda Center” Click Council on

FOOD PANTRY

Westford Community Food Pantry, located on the
first floor at Cameron, is staffed by volunteers.

OCTOBER HOURS:

- **Monday: Oct. 1 & 16** from 1 - 3:30 a.m.
- **Wednesdays: Oct. 4 & 18** from 8:30 - 11:30 a.m. and
Oct. 4, 11, 18 & 25 from 6 - 8 p.m.
- **Thursdays: Oct. 5 & 19** from 9:30 - 11:30 a.m.
- **Fridays: Oct. 6, 13, 20, & 27** from 8:30 - 11 a.m.
- **Saturdays: Oct. 14 & 28** from 9 - 11 a.m.

BOARD MEETINGS

COA Board – Wednesday, Oct. 11, at 4 p.m.
Friends of Cameron – Thursday, Oct. 5, at 12:30 p.m.

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Elder Services
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver Admin
Charles Dutton, Lead Van Driver Dispatch
Christopher Mitchell, Maintenance
Katherine Russell, Senior Assistant
Ashley Diaz, Evening Supervisor

COUNCIL ON AGING BOARD MEMBERS

Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Helena Crocker
Patricia Holmes
Sandra Collins
Ret. Chief George Rogers

FRIENDS OF CAMERON OFFICERS

Richard Severyn, President
Barbara Upperman, Vice President
Chris Kuntz, Secretary
Joyce Newton, Treasurer
Frances Kosenko, Asst. Treasurer